

Nicole Hamilton, LMHC, a Licensed Mental Health Counselor in private practice

Get to know Licensed Mental Health Counselor Nicole Hamilton, who serves patients in Kennewick, Washington.



New York City, Jun 5, 2020 ([Issuewire.com](https://www.issuewire.com)) - Nicole is a licensed mental health counselor who sees

patients at her private practice - Nicole Hamilton, PLLC - in Kennewick, Washington. She has nearly a decade of experience working with children, adolescents, adults, and senior citizens of different cultural backgrounds, faiths, and sexual orientations.

“I believe the power to change, grow, and overcome obstacles lies within each person and is often a matter of adapting thoughts and behaviors to improve our sense of self-worth and overall well-being. I use Cognitive Behavioral Therapy and Dialectical Behavioral Therapy in an intuitive and client-driven manner to assist people in meeting their individual goals” as stated by Nicole.

In the early days of her academic career, she earned her Bachelor of Science (BS) degree from Cascade College in Portland, Oregon, majoring in Psychology. She then went on to obtain her Master’s degree in Marriage and Family Counseling from George Fox University in Newberg, Oregon.

With a passion for her profession, Nicole is a firm believer that counseling provides a safe environment to process trauma, increase awareness, acknowledge and accept that which we would like to change about ourselves, gain insight, and receive feedback. She is more than happy to incorporate one’s strengths, interests, supports, and beliefs to create an intuitive and rewarding therapeutic experience.

“Sometimes life gets a little tricky and learning to navigate through it sometimes means asking for help. I enjoy working with people struggling through various things in their life, whether that be just for themselves, for their children, or in relationships with others” she expressed. She has been trained in evidence-based practices to serve individuals struggling with anxiety, depression, trauma, or children with behavioral concerns.

A mental health counselor or licensed professional counselor provides support and guidance to individuals to promote social, emotional, and cognitive wellness. Such persons may help individuals deal with issues associated with addiction and substance abuse; family, parenting, and marital problems; stress management; self-esteem; and aging.

Learn More About Nicole Hamilton:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82698438-Nicole-Hamilton-Counselor-Therapist> or through her private practice, <https://nicolehamiltonpllc.com/about/>

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Source : Nicole Hamilton, LMHC

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